DOCUMENT RESUME

ED 283 000 CE 047 437

TITLE	Using Cooking, Baking, and Cutting Terms. Learning Activity Pack and Instructor's Guide 5.1a. Commercial Foods and Culinary Arts Competency-Based Series. Section 5: Basic Food Preparation.
INSTITUTION	Florida State Univ., Tallahassee. Center for Studies in Vocational Education.
SPONS AGENCY	Florida State Dept. of Education, Tallahassee. Div. of Vocational, Adult, and Community Education.
REPORT NO	IE-314-BK-85; IE-315-BK-85
PUB DATE	Jan 85
NOTE	53p.; For other documents in this series, see CE 047 434-456.
PUB TYPE	Guides - Classroom Use - Materials (For Learner) (051) -- Guides - Classroom Use - Guides (For Teachers) (052) -- Tests/Evaluation Instruments (160)
EDRS PRICE	MF01/PC03 Plus Postage.
DESCRIPTORS	Behavioral Objectives; Competency Based Education; *Cooking Instruction; *Food Service; Learning Activities; *Occupational Home Economics; Secondary Education; *Vocabulary
IDENTIFIERS	Florida; *Food Preparation; Recipes (Food)

ABSTRACT

This document consists of a learning activity packet (LAP) for the student and an instructor's guide for the teacher. The LAP is intended to acquaint occupational home economics students with some of the terms used in recipes. Illustrated information sheets and learning activities are provided on important cooking, baking, and cutting terms. The instructor's guide begins with an instructional matrix in which the information sheets and written activities contained in the LAP and the written test items included in the instructor's guide are cross-referenced to the knowledge objectives addressed by the materials. This is followed by a series of notes to instructors on the LAP series, on related materials for special needs students, and suggested instructional procedures for use in conducting individual and group enrichment activities. A unit test and answer key are included. (MN)

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LEARNING ACTIVITY PACK

5.1a

SECTION 5

Using Cooking, Baking, and Cutting Terms

Basic Food Preparation

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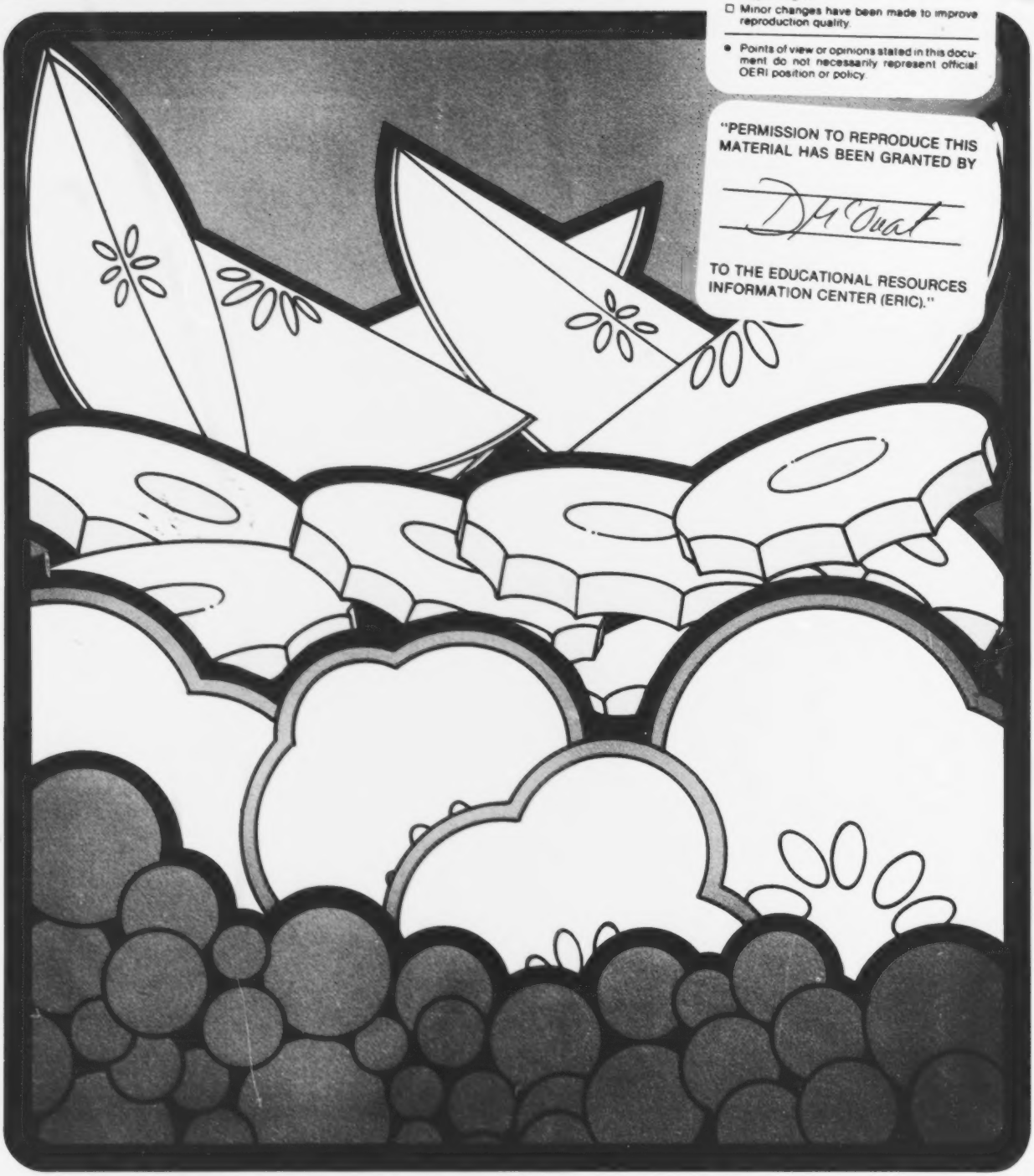

Sponsored and published by:
Florida Department of Education
Ralph D. Turlington, Commissioner of Education

Produced by:
The Center for Studies in Vocational Education
Florida State University

For further information, contact:
Research Coordinating Unit
Bureau of Program Improvement
Division of Vocational, Adult, and Community Education
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LEARNING ACTIVITY PACK

5.1a

SECTION 5

Using Cooking, Baking, and Cutting Terms

Basic Food Preparation

State of Florida
Department of Education
Ralph D. Turlington, Commissioner of Education
Tallahassee, Florida
Affirmative action/equal opportunity employer

Division of Vocational, Adult, and Community Education

January 1985

Acknowledgments

The Division of Vocational, Adult, and Community Education, Florida Department of Education wishes to express its gratitude to the agencies listed, which have granted permission for Florida to adapt the following materials:

Quantity Foods, developed by the 916 Vocational-Technical Center, White Bear Lake, Minnesota.

Food Management, Production, and Services: Competency-Based Curriculum, developed for the Tennessee State Department of Education, Division of Vocational Education, Nashville, Tennessee.

Career Related Instruction Series: *Baking and Pastry; Food Preparation; Food Service*, developed at the Capital Area Career Center, Mason, Michigan.

Also used were:

Employability Skills Series: *Good Work!* and *Food Production and Services: Learning Manager's Guide*, developed by the Florida Division of Vocational, Adult, and Community Education.

Subject matter experts who reviewed materials from around the nation, selected the materials to be adapted, and used their considerable experience and talents to monitor the development process were:

William Jacoby, St. Augustine Technical Center

Richard Petrello, Withlacoochee Area Vocational-Technical Center

William Petsch, Pinellas Vocational-Technical Institute

Nancy Steryous, St. Petersburg Vocational-Technical Institute

Bill White, Northeast Senior High School, St. Petersburg

John Wright, Westside Vocational Skills Center, Jacksonville

Ronald Zabkiewicz, South Technical Education Center, Boynton Beach

Assistance on the project was also given by:

Valeria Mason and Iris Helveston, Regional Program Consultants, Division of Vocational, Adult, and Community Education

The following individuals at The Center for Studies in Vocational Education, Florida State University, adapted the materials:

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Margaret Barlow, Ellen Wells, and Charles Silverman, Writer/Editors

John Francis, Visual Designer

Gary Carroll, Deborah Green, and Fred Clark, Illustrators

These materials are endorsed for use in training commercial foods and culinary arts workers by the **Florida Restaurant Association's Education Foundation.**

Purpose and Contents

Purpose

The purpose of LAP 5.1a is to explain some of the terms used in recipes. Knowing these terms will help you save time and will help you avoid mistakes. Knowing these terms will also help you understand what the final product will be like. The cooking, baking, and cutting terms will be practiced in this LAP. The cooking and baking skills will be practiced as you study other LAPs.

Contents

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Cooking Terms 3

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Introduction

Written Test

You will be able to pass the written test for LAP 5.1a when you can successfully complete the following:

1. Choose the correct definitions for cooking terms in multiple choice items. (At least 26 out of 30 must be correct.)
2. Match a list of baking terms with their correct definitions. (At least 10 out of 12 must be correct.)
3. Match illustrations with a list of cutting terms. (At least 10 out of 12 must be correct.)

If you feel you already know enough to pass the written test for LAP 5.1a before studying it, talk with your instructor.

Skills Test

There is no skills test for this LAP.

Learning Steps

To help you pass the written test for this LAP, you should follow these learning steps in order. **Written activities** will prepare you for the **written test**. They should all be done on a separate sheet of paper. The answers for these activities are in the back of this LAP. **Do not write in this LAP!**

1. Read and study **Information Sheet 1**: Cooking Terms.
2. Complete **Activity 1**: Defining Cooking Terms. Check your answers.
3. Read and study **Information Sheet 2**: Baking Terms.
4. Complete **Activity 2**: Matching Baking Terms. Check your answers.
5. Read and study **Information Sheet 3**: Cutting Terms.
6. Complete **Activity 3**: Matching Cutting Terms. Check your answers.
7. Get **Written Test 5.1a**: Using Cooking, Baking, and Cutting Terms from your instructor and complete it. If you are successful, you will have completed this LAP; if not, talk with your instructor.

Information Sheet 1
Cooking Terms

1. **au gratin**—dishes prepared with a white sauce, topped with bread crumbs and cheese, then baked for a short period of time
2. **bake**—to cook by dry heat in an oven
3. **barbecue**—to cook over the embers of an open fire, such as charcoal or burning wood; food may or may not be basted with a sauce or drippings during cooking
4. **baste**—to spoon liquid over food as it cooks; the liquid may be drippings from food
5. **blanch**—to dip into boiling water
6. **braise**—to cook slowly in a small amount of moisture in a covered utensil; meat is usually browned first
7. **bread**—to roll in bread, meal, or cereal crumbs, as for breaded cutlets; similar to crumbing
8. **broil**—to cook by exposure to direct heat on a grill or over live coals
9. **fry**—to cook in fat
10. **grease**—to rub lightly with a fat, such as butter, margarine, salad oil, or shortening
11. **grill**—to fry, sauté, or toast on a solid heated surface or griddle; a form of panbroiling
12. **marinate**—to soak in a marinade or sauce
13. **panbroil**—to cook uncovered on a hot ungreased surface (usually a frying pan), pouring off fat and liquids as they accumulate
14. **panfry**—to cook in a small amount of fat in a pan
15. **parboil**—to simmer until partially cooked
16. **poach**—to cook in a hot liquid, being careful to retain shape, as with poached eggs
17. **reconstitute**—to bring concentrated or dehydrated food back to its normal state, usually by adding water; examples are dried milk, frozen juice
18. **render**—to cook the grease out of animal fat
19. **roast**—to cook in an uncovered pan in an oven
20. **sauté**—to brown quickly in a small amount of fat, turning frequently

Information Sheet 1 (continued)
Cooking Terms

21. **scald**—to heat milk or cream just below the boiling point until a film forms on the surface

22. **scallop**—to bake thinly sliced layers of food sprinkled with flour, salt, pepper, bits of fat, or cheese; food is layered until baking dish holds desired amount; liquid (vegetable juice or milk) is added and food is baked in a slow oven

23. **sear**—to brown the surface of meat by heating at high temperature for a short time; adds color and flavor to meats

24. **simmer**—to cook in a liquid at a temperature of about 185° F (85° C), just below the boiling point; bubbles form slowly and break below the surface

25. **smother**—to cover with sauces or vegetables; for example, smothered calf's liver is covered with onions

26. **soufflé**—baked dish that is made light by folding in stiffly beaten egg whites, as with cheese soufflé

27. **steam**—to cook in steam with or without pressure

28. **steep**—to let stand in liquid below the boiling point in order to bring out flavor, color, and other qualities

29. **stew**—to cook meat or vegetables in liquid just below the boiling point

30. **thicken**—to cause a food to become firmer by adding eggs, flour, or other products and by cooking them for an additional period of time; gelatin may be added to a hot food to make the food become firm when chilled

Activity 1
Defining Cooking Terms

Directions

On a separate sheet of paper, write each cooking term, select the correct definition from the list of choices, then write the correct definition beside the cooking term.

DO NOT WRITE IN THIS LAP

Cooking Terms

1. **au gratin**—

   a. a baked dish that is made light by folding in stiffly beaten egg whites

   b. dishes prepared with a white sauce, topped with bread crumbs and cheese, then baked for a short period of time

   c. to cover with sauces or vegetables

2. **bake**—

   a. to cook by dry heat in an oven

   b. to cook by exposure to direct heat on a grill

   c. to cook slowly in a covered utensil

3. **barbecue**—

   a. to cook by dry heat in an oven

   b. to cook in an uncovered pan in an oven

   c. to cook over the embers of an open fire

4. **baste**—

   a. to spoon liquid over food as it cooks

   b. to simmer until partially cooked

   c. to cook in an uncovered pan in an oven

5. **blanch**—

   a. to spoon liquid over food as it cooks

   b. to dip into boiling water

   c. to cook in hot liquid being careful to retain shape

Activity 1 (continued)
Defining Cooking Terms

6. **braise**—

   a. to cook slowly in a covered utensil in a small amount of moisture

   b. to simmer until partially cooked

   c. to brown quickly in a small amount of fat, turning frequently

7. **bread**—

   a. dishes prepared with a white sauce, topped with bread crumbs and cheese

   b. to cause a food to become firmer by the addition of eggs, flour, or other products

   c. to roll in bread, meal, or cereal crumbs; similar to crumbing

8. **broil**—

   a. to simmer until partially cooked

   b. to cook in an uncovered pan in an oven

   c. to cook by exposure to direct heat on a grill or over live coals

9. **fry**—

   a. to cook in fat

   b. to cook the grease out of animal fat

   c. to brown the surface of meat by heating at high temperature

10. **grill**—

    a. to fry, sauté, or toast on a solid heated surface or griddle

    b. to brown quickly in a small amount of fat, turning frequently

    c. to cook in fat

Activity 1 (continued)
Defining Cooking Terms

11. **grease**—

    a. to cook in fat

    b. to cook the grease out of animal fat

    c. to rub lightly with a fat

12. **marinate**—

    a. to soak an item in a marinade or sauce

    b. to cover with sauces or vegetables

    c. to let stand in liquid below the boiling point in order to bring out the flavor

13. **panbroil**—

    a. to cook in a small amount of fat in a pan

    b. to cook uncovered on a hot ungreased surface, pouring off fat and liquids as they accumulate

    c. to cook in an uncovered pan in an oven

14. **panfry**—

    a. to cook in a small amount of fat in a pan

    b. to cook in an uncovered pan in an oven

    c. to cook uncovered on a hot ungreased surface, pouring off fat and liquids as they accumulate

15. **parboil**—

    a. to cook in a small amount of fat in a pan

    b. to simmer until partially cooked

    c. to cook the grease out of animal fat

Activity 1 (continued)
Defining Cooking Terms

16. **poach**—

    a. to cook in a hot liquid, being careful to retain shape of food

    b. to cook in steam with or without pressure

    c. to let stand in liquid below the boiling point in order to bring out flavor

17. **reconstitute**—

    a. to cause a food to become firmer by adding eggs, flour, or other products

    b. to restore concentrated or dehydrated foods to their normal state, usually by adding water

    c. to let stand in liquid below the boiling point in order to bring out the flavor

18. **render**—

    a. to cook in a small amount of fat

    b. to cook the grease out of animal fat

    c. to cook in fat

19. **roast**—

    a. to cook in an uncovered pan in an oven

    b. to brown surface of meat

    c. to cook by exposure to direct heat on a grill

20. **sauté**—

    a. to brown quickly in a small amount of fat, turning frequently

    b. to brown surface by heating at high temperature for short time

    c. to soak an item in marinade or sauce

Activity 1 (continued)
Defining Cooking Terms

21. **scald**—

    a. to bake thinly sliced layers of food sprinkled with flour, salt, pepper, bits of fat, or cheese; food is layered until baking dish contains the desired amount; liquid (vegetable juice or milk) is added; then food is baked in a slow oven

    b. to heat milk or cream just below the boiling point until a film forms on the surface

    c. to dip into boiling water

22. **scallop**—

    a. to bake thinly sliced layers of food sprinkled with flour, salt, pepper, bits of fat, or cheese; food is layered until baking dish contains the desired amount; liquid (vegetable juice or milk) is added; then food is baked in a slow oven

    b. to cause a food to become firmer by the addition of eggs, flour, or other products and by cooking them for an additional period of time

    c. a baked dish that is made light by folding in stiffly beaten egg whites

23. **sear**—

    a. to let stand in liquid below the boiling point in order to bring out flavor, color, and other qualities

    b. to brown surface of meat by heating at high temperature for short time; adds color and flavor to meats

    c. to fry, sauté, or toast on a solid heated surface or griddle

24. **simmer**—

    a. to cover with sauces or vegetables

    b. to cook slowly in a covered utensil in a small amount of moisture

    c. to cook in a liquid at a temperature of about 185° F (85° C); bubbles form slowly and break below the surface

Activity 1 (Continued)
Defining Cooking Terms

25. **smother**—

    a. to cover with sauces or vegetables

    b. to cook slowly in a covered utensil in a small amount of liquid or in steam

    c. to spoon liquid over food as it cooks; the liquid may be drippings from food

26. **soufflé**—

    a. to cook in a liquid at a temperature of about 185° F; bubbles form slowly and break below the surface

    b. dishes prepared with a white sauce, topped with bread crumbs and cheese, then baked for a short period of time

    c. a baked dish that is made light by folding in stiffly beaten egg whites

27. **steam**—

    a. to cook meat or vegetables in liquid just below the boiling point

    b. to spoon liquid over food as it cooks; the liquid may be drippings from food

    c. to cook in steam with or without pressure

28. **steep**—

    a. to cook meat or vegetables in liquid just below the boiling point

    b. to let stand in liquid below the boiling point in order to bring out flavor, color, and other qualities

    c. to cook in steam with or without pressure

29. **stew**—

    a. to cook in steam with or without pressure

    b. to cook meat or vegetables in liquid just below the boiling point

    c. to let stand in liquid below the boiling point to bring out flavor or color

Activity 1 (continued)
Defining Cooking Terms

30. **thicken**—

    a. to roll in bread, meal, or cereal crumbs

    b. to heat milk or cream just below the boiling point until a film forms on the surface

    c. to cause food to become firmer by adding eggs, flour, or other products and by cooking for an additional period of time

Check your answers in the back of this LAP. If you missed any, review Information Sheet 1.

Information Sheet 2
Baking Terms

1. **beat**—to stir with a lifting motion, using a spoon or a rotary or electric beater
2. **blend**—to mix two or more ingredients until all are thoroughly combined
3. **cream**—to work one or more foods until soft and creamy by rubbing with the back of a spoon or other utensil against the side of the bowl or by beating with an electric mixer; in baking, this term is applied to the mixing of fat and sugar
4. **cut in**—to chop fat into small particles in dry ingredients by using two knives or a pastry blender
5. **dust**—to sprinkle lightly, usually with flour or sugar
6. **fold in**—to blend ingredients by repeatedly cutting vertically through the mixture with the edge of a spoon or spatula, sliding the spoon or spatula across the bottom of the bowl and then turning the mixture over until the ingredients are just blended
7. **knead**—to press, fold, and stretch a dough, as for yeast bread or biscuits
8. **mix**—to combine ingredients
9. **preheat**—to heat an oven to the desired cooking temperature before putting in food
10. **proof**—to let yeast dough rise by setting it in a warm, moist place (85° F)
11. **sift**—to put dry ingredients through a sifter or fine sieve
12. **wash**—to brush a liquid, such as eggs or milk, over the top of a product before the product is baked; also to brush the top of a product with syrup after the product is baked and removed from the oven

Activity 2
Matching Baking Terms

Directions

On a separate sheet of paper, write each baking term and then from the list below choose the correct definition to write beside it.

Baking Terms

1. **beat** _____
2. **blend** _____
3. **cream** _____
4. **cut in** _____
5. **dust** _____
6. **fold in** _____
7. **knead** _____
8. **mix** _____
9. **preheat** _____
10. **proof** _____
11. **sift** _____
12. **wash** _____

Definitions (continued on the next page)

to combine ingredients

to work one or more foods until soft and creamy by rubbing with the back of a spoon or other utensil against the side of the bowl or by beating with an electric mixer; in baking, this term is applied to the mixing of fat and sugar

to put dry ingredients through a sifter or fine sieve

to mix two or more ingredients until all are thoroughly combined

to stir with a lifting motion, using a spoon or a rotary or electric beater

to brush a liquid, such as eggs or milk, over the top of a product before the product is baked; also to brush the top of a product with syrup after the product is baked and removed from the oven

to heat an oven to the desired cooking temperature before putting in food

Activity 2 (continued)
Matching Baking Terms

to chop fat into small particles in dry ingredients by using two knives or a pastry blender

to press, fold, and stretch a dough, as for yeast bread or biscuits

to sprinkle lightly, usually with flour or sugar

to blend ingredients by repeatedly cutting vertically through the mixture with the edge of a spoon or spatula, sliding the spoon or spatula across the bottom of the bowl, and then turning the mixture over until the ingredients are just blended

to let yeast dough rise by setting it in a warm, moist place (85° F)

Check your answers in the back of this LAP. If you missed any, review Information Sheet 2.

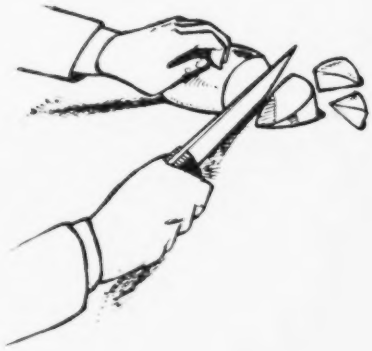
Information Sheet 3
Cutting Terms

to slice: to cut into thin, broad pieces

You can **slice** roast beef.

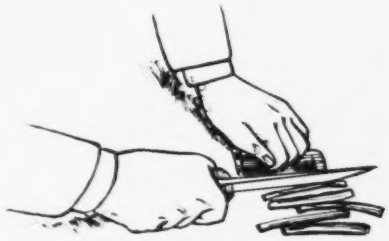
to cut: to divide food into small, irregularly shaped pieces

You can **cut** meat and vegetables for a stew.



to julienne: to cut foods such as potatoes, cheese, meats, and carrots into long, thin strips

You can **julienne** cheese and ham for a salad.



Information Sheet 3 (continued)
Cutting Terms

to cube: to cut into squares about ½ inch in size

You can **cube** cheese for an appetizer.

to dice: to cut into squares smaller than ½ inch in size, smaller than cubes

You can **dice** potatoes for potato salad.

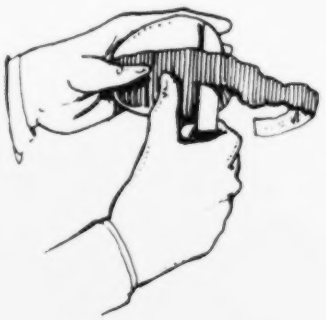
to chop (mince): to cut into small pieces

You can **chop (mince)** onions.

Information Sheet 3 (continued)
Cutting Terms

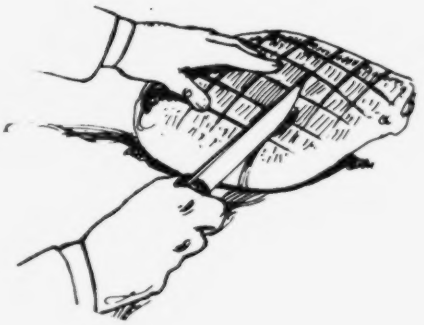
to pare: to cut off the outside covering of a food

You can **pare** an apple.



to score: to make thin, parallel cuts in one or more directions on the surface of the food.

You can **score** a baked ham to decorate it.



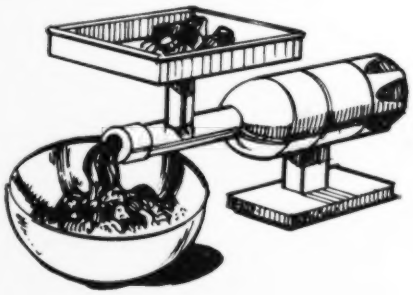
to grate: to form flakes by rubbing food with pressure against a grater

You can **grate** carrots.

Information Sheet 3 (continued)
Cutting Terms

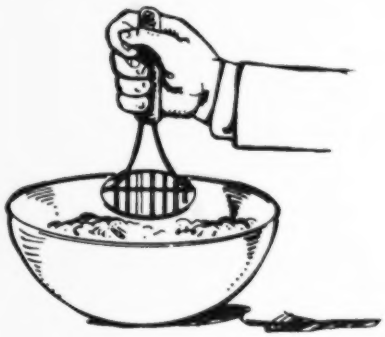
to grind: to reduce to particles by cutting or crushing

You can **grind** beef for hamburgers.



to mash: to crush food with a mashing tool

You can **mash** cooked potatoes.



to puree: to force cooked foods through a strainer, or to run them through a blender, to make a thick, smooth pulp

You can **puree** tomatoes to make tomato soup.

Activity 3
Matching Cutting Terms

Directions

Look at the following illustrations. **On a separate sheet of paper**, number from 1 to 12. From the list of terms in the word bank below, select the correct cutting term for each illustration.

Word Bank

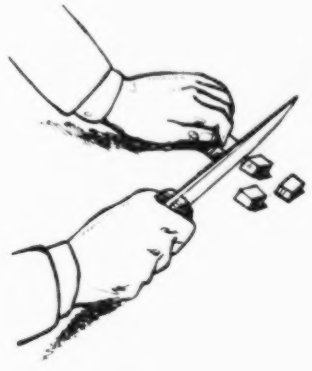
chop (mince)	julienne
core	strip
cut	mash
cube	pare
dice	puree
grate	scrape
crush	slice
grind	score

DO NOT WRITE IN THIS LAP

Illustrations (continued on the next page)

1. _____

2. _____



3. _____

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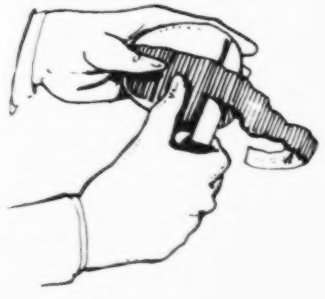
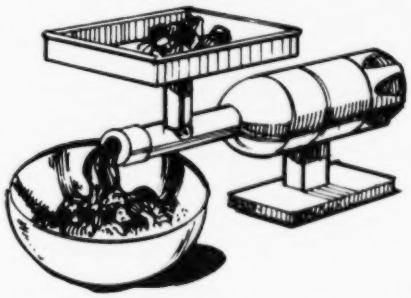


6. _____

Activity 3 (continued)
Matching Cutting Terms

7. _____



8. _____

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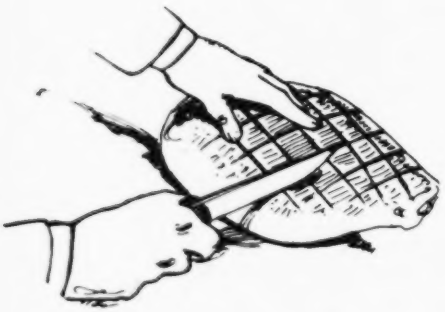
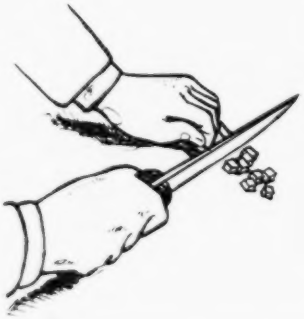


10. _____

11. _____



12. _____

Check your answers in the back of this LAP. If you missed any, review Information Sheet 3.

Answer Keys for Written Activities

Activity 1:
Defining Cooking Terms

1. **au gratin**—dishes prepared with a white sauce, topped with bread crumbs and cheese, then baked for a short period of time
2. **bake**—to cook by dry heat in an oven
3. **barbecue**—to cook over the embers of an open fire
4. **baste**—to spoon liquid over food as it cooks
5. **blanch**—to dip into boiling water
6. **braise**—to cook slowly in a small amount of moisture in a covered utensil
7. **bread**—to roll in bread, meal, or cereal crumbs; similar to crumbing
8. **broil**—to cook by exposure to direct heat on a grill or over live coals
9. **fry**—to cook in fat
10. **grill**—to fry, sauté, or toast on a solid heated surface or griddle
11. **grease**—to rub lightly with a fat
12. **marinate**—to soak an item in a marinade or sauce
13. **panbroil**—to cook uncovered on a hot ungreased surface, pouring off fat and liquids as they accumulate
14. **panfry**—to cook in a small amount of fat in a pan
15. **parboil**—to simmer until partially cooked
16. **poach**—to cook in a hot liquid, being careful to retain shape of food
17. **reconstitute**—to restore concentrated or dehydrated foods to their normal state, usually by adding water
18. **render**—to cook the grease out of animal fat
19. **roast**—to cook in an uncovered pan in an oven
20. **sauté**—to brown quickly in a small amount of fat, turning frequently
21. **scald**—to heat milk or cream just below the boiling point until a film forms on the surface

Answer Keys for Written Activities (continued)

22. **scallop**—to bake thinly sliced layers of food sprinked with flour, salt, pepper, bits of fat, or cheese; food is layered until baking dish holds desired amount; liquid (vegetable juice or milk) is added and food is baked in a slow oven

23. **sear**—to brown the surface of meat by heating at high temperature for short time; adds color and flavor to meats

24. **simmer**—to cook in a liquid at a temperature of about 185° F (85° C); bubbles form slowly and break below the surface

25. **smother**—to cover with sauces or vegetables

26. **soufflé**—baked dish that is made light by folding in stiffly beaten egg whites

27. **steam**—to cook in steam with or without pressure

28. **steep**—to let stand in liquid below the boiling point in order to bring out flavor, color, and other qualities

29. **stew**—to cook meat or vegetables in liquid just below the boiling point

30. **thicken**—to cause a food to become firmer by adding eggs, flour, or other products and by cooking them for an additional period of time

Answer Keys for Written Activities (continued)

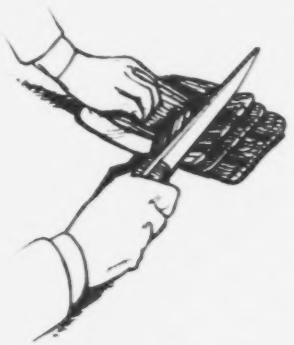
Activity 2:
Matching Baking Terms

1. **beat**—to stir with a lifting motion, using a spoon or a rotary or electric beater
2. **blend**—to mix two or more ingredients until all are thoroughly combined
3. **cream**—to work one or more foods until soft and creamy by rubbing with the back of a spoon or other utensil against the side of the bowl or by beating with an electric mixer; in baking, this term is applied to the mixing of fat and sugar
4. **cut in**—to chop fat into small particles in dry ingredients by using two knives or a pastry blender
5. **dust**—to sprinkle lightly, usually with flour or sugar
6. **fold in**—to blend ingredients by repeatedly cutting vertically through the mixture with the edge of a spoon or spatula, sliding the spoon or spatula across the bottom of the bowl, and then turning the mixture over until the ingredients are just blended
7. **knead**—to press, fold, and stretch a dough, as for yeast bread or biscuits
8. **mix**—to combine ingredients
9. **preheat**—to heat an oven to the desired cooking temperature before putting in food
10. **proof**—to let yeast dough rise by setting it in a warm, moist place (85° F)
11. **sift**—to put dry ingredients through a sifter or fine sieve
12. **wash**—to brush a liquid, such as eggs or milk, over the top of a product before the product is baked; also to brush the top of a product with syrup after the product is baked and removed from the oven

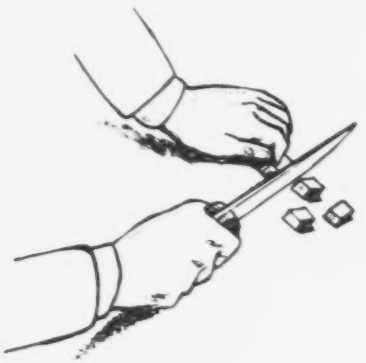
Answer Keys for Written Activities (continued)

Activity 3:
Matching Cutting Terms

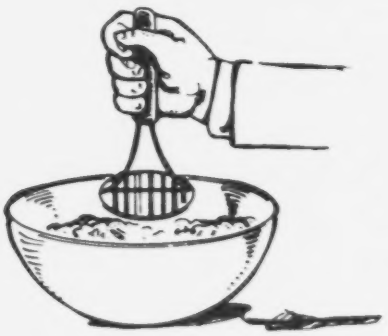
1. chop (mince)



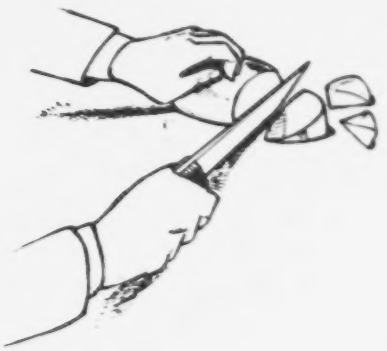
2. slice



3. cube

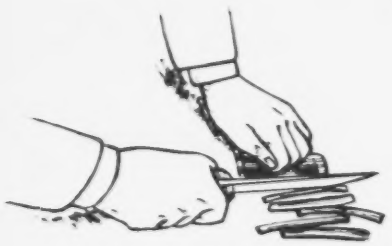


4. mash

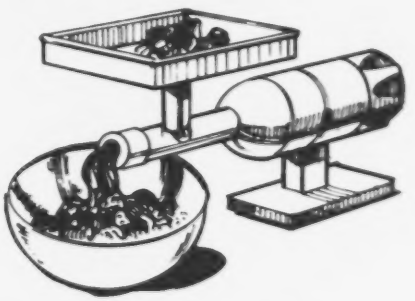


5. cut

6. pare



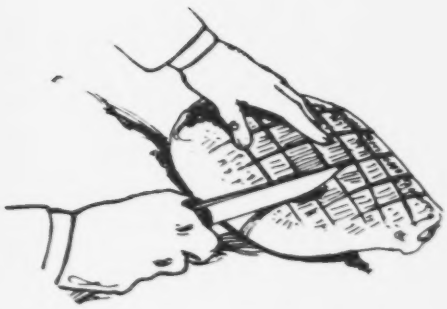
7. julienne



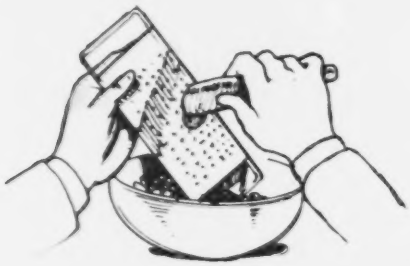
8. grind

9. puree

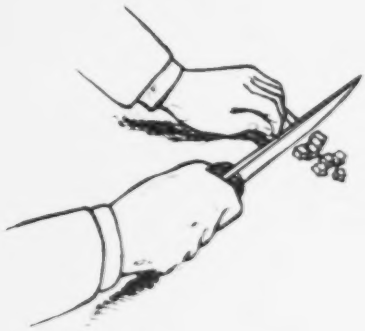
Answer Keys for Written Activities (continued)



10. score



11. grate



12. dice

State of Florida
Department of Education
Ralph D. Turlington, Commissioner of Education
Tallahassee, Florida
Affirmative action/equal opportunity employer

Division of Vocational, Adult, and Community Education

This public document was promulgated at a cost of $1,221.24, or $2.283 per copy, to provide Florida students and educators with competency-based commercial foods and culinary arts instructional materials.

IE 314 BK 85

INSTRUCTOR'S GUIDE
LAP
5.1a

Using Cooking, Baking, and Cutting Terms

Basic Food Preparation

Sponsored and published by:
Florida Department of Education
Ralph D. Turlington, Commissioner of Education

Produced by:
The Center for Studies in Vocational Education
Florida State University

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Basic Food Preparation

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Tallahassee, Florida
Affirmative action/equal opportunity employer

Division of Vocational, Adult, and Community Education

January 1985

Acknowledgments

The Division of Vocational, Adult, and Community Education, Florida Department of Education wishes to express its gratitude to the agencies listed, which have granted permission for Florida to adapt the following materials:

Quantity Foods, developed by the 916 Vocational-Technical Center, White Bear Lake, Minnesota.

Food Management, Production, and Services: Competency-Based Curriculum, developed for the Tennessee State Department of Education, Division of Vocational Education, Nashville, Tennessee.

Career Related Instruction Series: *Baking and Pastry; Food Preparation; Food Service,* developed at the Capital Area Career Center, Mason, Michigan.

Also used were:

Employability Skills Series: *Good Work!* and *Food Production and Services: Learning Manager's Guide,* developed by the Florida Division of Vocational, Adult, and Community Education.

Subject matter experts who reviewed materials from around the nation, selected the materials to be adapted, and used their considerable experience and talents to monitor the development process were:

William Jacoby, St. Augustine Technical Center

Richard Petrello, Withlacoochee Area Vocational-Technical Center

William Petsch, Pinellas Vocational-Technical Institute

Nancy Steryous, St. Petersburg Vocational-Technical Institute

Bill White, Northeast Senior High School, St. Petersburg

John Wright, Westside Vocational Skills Center, Jacksonville

Ronald Zabkiewicz, South Technical Education Center, Boynton Beach

Assistance on the project was also given by:

Valeria Mason and Iris Helveston, Regional Program Consultants, Division of Vocational, Adult, and Community Education

The following individuals at The Center for Studies in Vocational Education, Florida State University, adapted the materials:

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John Francis, Visual Designer

Gary Carroll, Deborah Green, and Fred Clark, Illustrators

These materials are endorsed for use in training commercial foods and culinary arts workers by the **Florida Restaurant Association's Education Foundation.**

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Instructional Matrix

Directions

If you want to use only part of the materials in this LAP, use this matrix to help you select what you need.

Objectives	Instructional Materials	Practice and Feedback	Evaluation
Knowledge Objectives	**Information Sheets**	**Written Activities**	**Written Test Items**
1. Choose the correct definitions for cooking terms in multiple choice items. (At least 26 out of 30 must be correct.)	1: Cooking Terms	1: Defining Cooking Terms	Part I: 1-30
2. Match a list of baking terms with their correct definitions. (At least 10 out of 12 must be correct.)	2: Baking Terms	2: Matching Baking Terms	Part II: 1-12
3. Match illustrations with a list of cutting terms. (At least 10 out of 12 must be correct.)	3: Cutting Terms	3: Matching Cutting Terms	Part III: 1-12

Notes to the Instructor

General Notes

This LAP is the first of two LAPs about interpreting and converting recipes. These two LAPs can be used in either order.

OPPS/V-TECS/Career Map

There are no Florida **OPPS** (Occupational Proficiency Performance Standards), Florida/**V-TECS** (Vocational-Technical Education Consortium of States), or Career MAP (*M*erit *A*chievement *P*lan) competencies covered by this material.

Special Needs

The following materials which are related to and/or cover the subject, can be used for students who are educable mentally retarded/handicapped (EMR/EMH) or academically disadvantaged as an alternative to or in addition to LAP 5.1a.

Series: Career Related Instruction (CRI)

Occupational Cluster: Food Preparation and Service

Title: *Words Used in Cutting Things for a Recipe* (FPS CT 08 002)

Suggested Instructional Procedures

Individual Instruction

If you choose to have student(s) use this LAP as a self-paced, self-instructional unit, have the student(s) follow the learning steps in the LAP, as listed below.

Learning Steps in LAP 5.1a

1. Read and study **Information Sheet 1**: Cooking Terms.
2. Complete **Activity 1**: Defining Cooking Terms. Check your answers.
3. Read and study **Information Sheet 2**: Baking Terms.
4. Complete **Activity 2**: Matching Baking Terms. Check your answers.
5. Read and study **Information Sheet 3**: Cutting Terms.
6. Complete **Activity 3**: Matching Cutting Terms. Check your answers.
7. Get **Written Test 5.1a** from your instructor and complete it. If you are successful, you will have completed this LAP; if not, talk with your instructor.

Group Instruction

If you choose to use this LAP as a unit of instruction for more than one student, the following teaching steps are suggested.

Teaching Steps for LAP 5.1a

1. Discuss with the group the importance of knowing cooking, baking, and cutting terms for interpreting recipes.
2. Discuss the objectives in LAP 5.1a.
3. Have each student read the information sheets and do the written activities in the LAP.
4. As a group, discuss terms that may be unclear.
5. Give the students **Written Test 5.1a** to complete. Evaluate the results, using the Answer Key in this Instructor's Guide. Make special arrangements for those who do not master this unit.
6. Use additional instructional activities/enrichment with the group or with individual students.

Suggested Instructional Procedures (continued)

Additional Instructional Activities/Enrichment

Suggested Readings

Haines, Robert G. *Food Preparation for Hotels, Restaurants, and Cafeterias*. 2nd ed. Alsip, Ill.: American Technical Publishers, Inc., 1973, pp. 653-65.

Written Test 5.1a
I. Defining Cooking Terms

Directions

Select the correct definition for each cooking term from the list of choices. Write the letter of the correct definition in the blank beside the word.

Cooking Terms

____ **1. steep**

a. to cook meat or vegetables in liquid just below the boiling point

b. to let stand in liquid below the boiling point in order to bring out flavor, color, and other qualities

c. to cook in steam with or without pressure

____ 2. **stew**

a. to cook in steam with or without pressure

b. to cook meat or vegetables in liquid just below the boiling point

c. to heat milk or cream to just below the boiling point

____ 3. **thicken**

a. to roll in bread, meal, or cereal crumbs

b. to heat milk or cream just below the boiling point until a film forms on the surface

c. to cause food to become firmer by adding eggs, flour, or other products and by cooking for an additional period of time

____ 4. **scallop**

a. to bake thinly sliced layers of food sprinkled with flour, salt, pepper, bits of fat, or cheese; food is layered until baking dish contains the desired amount; liquid (vegetable juice or milk) is added; then food is baked in a slow oven

b. to cause a food to become firmer by adding eggs, flour, or other products and by cooking for an additional period of time

c. a baked dish that is made light by folding in stiffly beaten egg whites

Written Test 5.1a (continued)
I. Defining Cooking Terms

____ 5. **baste**

a. to spoon liquid over food as it cooks

b. to simmer until partially cooked

c. to cook in an uncovered pan in an oven

____ 6. **blanch**

a. to spoon liquid over food as it cooks

b. to dip into boiling water

c. to cook in hot liquid, being careful to retain shape of food

____ 7. **render**

a. to cook in a small amount of fat

b. to cook the grease out of animal fat

c. to cook in fat

____ 8. **roast**

a. to cook in an uncovered pan in an oven

b. to cook in a small amount of fat in a pan

c. to cook by exposure to direct heat on a grill

____ 9. **sauté**

a. to brown quickly in a small amount of fat, turning frequently

b. to brown surface by heating at high temperature for short time

c. to soak an item in marinade or sauce

Written Test 5.1a (continued)
I. Defining Cooking Terms

____ 10. **scald**

a. to bake thinly sliced layers of food sprinkled with flour, salt, pepper, bits of fat, or cheese; food is layered until baking dish contains the desired amount; liquid (vegetable juice or milk) is added, and food is baked in a slow oven

b. to heat milk or cream just below the boiling point until a film forms on the surface

c. to dip into boiling water

____ 11. **braise**

a. to cook slowly in a covered utensil in a small amount of moisture; meat is usually browned first

b. to simmer until partially cooked

c. to brown quickly in a small amount of fat, turning frequently

____ 12. **bread**

a. dishes prepared with a white sauce, topped with bread crumbs and cheese

b. to cause a food to become firmer by the addition of eggs, flour, or other products

c. to roll in bread, meal, or cereal crumbs similar to crumbing

____ 13. **smother**

a. to cover with sauces or vegetables

b. to cook slowly in a covered utensil in a small amount of moisture

c. to spoon liquid over food as it cooks; the liquid may be drippings from food

Written Test 5.1a (continued)
I. Defining Cooking Terms

____ 14. **steam**

a. to cook meat or vegetables in liquid just below the boiling point

b. to spoon liquid over food as it cooks; the liquid may be drippings from food

c. to cook in steam with or without pressure

____ 15. **bake**

a. to cook by dry heat in an oven

b. to cook by exposure to direct heat on a grill

c. to cook in a small amount of fat in a pan

____ 16. **barbecue**

a. to cook by dry heat in an oven

b. to cook in an uncovered pan in an oven

c. to cook by direct heat source over the embers of an open fire

____ 17. **sear**

a. to let stand in liquid below the boiling point in order to bring out flavor, color, and other qualities

b. to brown the surface of meat by heating at high temperature for a short time; adds color and flavor to meats

c. to fry, sauté, or toast on a solid heated surface or griddle

____ 18. **soufflé**

a. to cook in a liquid at a temperature of about 185° F; bubbles form slowly and break below the surface

b. dishes prepared with a white sauce, topped with bread crumbs and cheese, then baked for a short period of time

c. a baked dish that is made light by folding in stiffly beaten egg whites

Written Test 5.1a (continued)
I. Defining Cooking Terms

____ 19. **simmer**

a. to cover with sauces or vegetables

b. to cook in an uncovered pan in an oven

c. to cook in a liquid at a temperature of about 185° F; bubbles form slowly and break below the surface

____ 20. **poach**

a. to cook in a hot liquid, being careful to retain shape of food

b. to cook in steam with or without pressure

c. to let stand in liquid below the boiling point in order to bring out flavor

____ 21. **reconstitute**

a. to cause a food to become firmer by adding eggs, flour, or other products

b. to bring concentrated or dehydrated food back to its normal state, usually by adding water

c. to let stand in liquid below the boiling point in order to bring out the flavor

____ 22. **broil**

a. to simmer until partially cooked

b. to cook in an uncovered pan in an oven

c. to cook by exposure to direct heat on a grill or over live coals

____ 23. **fry**

a. to cook in fat

b. to cook the grease out of animal fat

c. to brown the surface of meat by heating at high temperature

Written Test 5.1a (continued)
I. Defining Cooking Terms

____ 24. **grill**

a. to fry, sauté, or toast on a solid heated surface or griddle

b. to brown quickly in a small amount of fat, turning frequently

c. to cook in fat

____ 25. **grease**

a. to cook in fat

b. to cook the grease out of animal fat

c. to rub lightly with a fat

____ 26. **marinate**

a. to soak an item in a marinade or sauce

b. to cover with sauces or vegetables

c. to let stand in liquid below the boiling point in order to bring out the flavor

____ 27. **panbroil**

a. to cook in a small amount of fat in a pan

b. to cook uncovered on a hot ungreased surface, pouring off fat and liquids as they accumulate

c. to cook in an uncovered pan in an oven

____ 28. **au gratin**

a. a baked dish that is made light by folding in stiffly beaten egg whites

b. dishes prepared with a white sauce, topped with bread crumbs and cheese, then baked for a short period of time

c. to cover with sauces or vegetables

Written Test 5.1a (continued)
I. Defining Cooking Terms

____ 29. **panfry**

a. to cook in a small amount of fat in a pan

b. to cook in an uncovered pan in an oven

c. to cook uncovered on a hot ungreased surface, pouring off fat and liquids as they accumulate

____ 30. **parboil**

a. to cook in a small amount of fat in a pan

b. to simmer until partially cooked

c. to cook the grease out of animal fat

Written Test 5.1a (continued)
II. Matching Baking Terms

Directions

Match each baking term below with the correct definition. Write the *letter* of the correct definition in the blank beside the word. There are more definitions than terms; use only one definition for each term.

Baking Terms

____ 1. wash	____ 5. mix	____ 9. dust
____ 2. sift	____ 6. knead	____ 10. fold in
____ 3. proof	____ 7. beat	____ 11. cream
____ 4. preheat	____ 8. blend	____ 12. cut in

Definitions (continued on the next page)

a. to combine ingredients

b. to work one or more ingredients until soft and creamy by rubbing with the back of a spoon or other utensil against the side of the bowl or by beating with an electric mixer; in baking, this term is applied to the mixing of fat and sugar

c. to put dry ingredients through a sifter or a fine sieve

d. to heat milk or cream to just below the boiling point

e. to mix two or more ingredients until all are thoroughly combined

f. to mix with a lifting motion using a spoon or a rotary or electric beater

g. to blend ingredients by repeatedly cutting down through the mixture with the edge of a spoon or spatula, sliding the spoon or spatula across the bottom of the bowl, and then turning the mixture over until the ingredients are just blended

h. to let yeast dough rise by setting it in a warm, moist place (85° F)

i. to press, fold, and stretch a dough, as for yeast bread or biscuits

j. to sprinkle lightly, usually with flour or sugar

k. to cook by dry heat in an oven

l. to brush a liquid, such as eggs or milk, over the top of a product before the product is baked; also, to brush the top of a product with syrup after the product is baked and removed from the oven

Written Test 5.1a (continued)
II. Matching Baking Terms

m. to heat an oven to the desired cooking temperature before putting in food

n. to chop fat into small particles in dry ingredients by using two knives or a pastry blender

o. to dip into boiling water

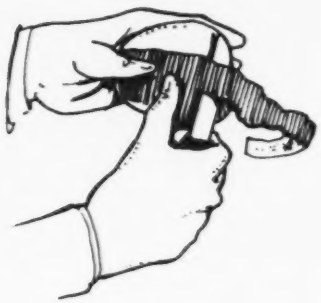
Written Test 5.1a (continued)
III. Matching Cutting Terms

Directions

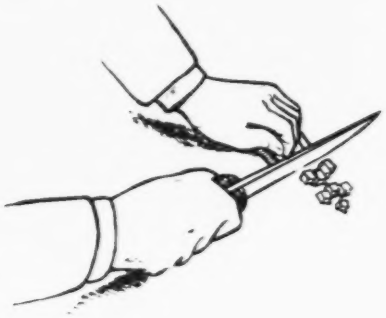
Label each illustration below with the correct cutting term from the word bank on page 16.

There are more terms in the word bank on page 16 than there are illustrations; use only one term for each illustration.

Illustrations (continued on the next page)

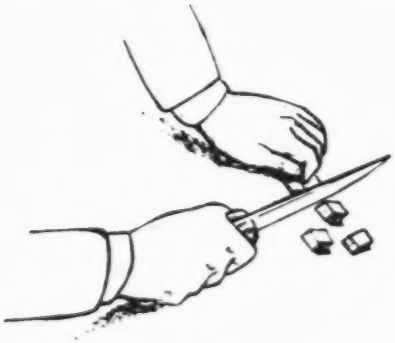


1. _____



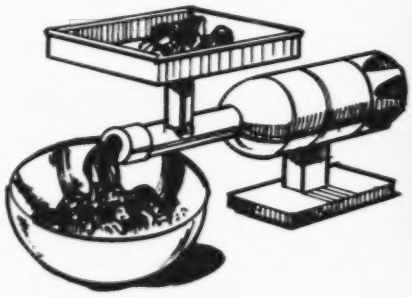
2. _____

3. _____

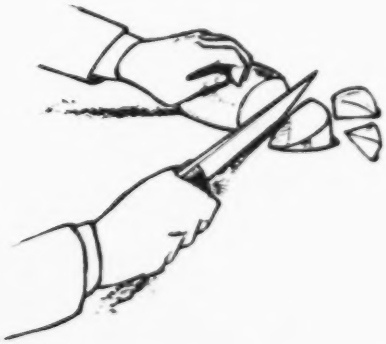


4. _____

5. _____

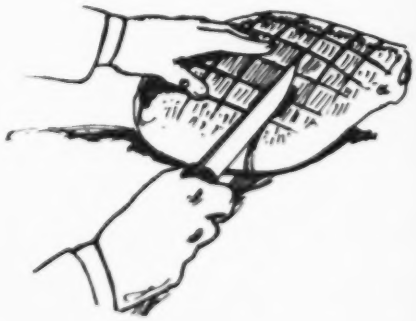


6. _____



7. _____

8. _____



9. _____

Written Test 5.1a (continued)
III. Matching Cutting Terms

10. _____

11. _____

12. _____

Word Bank

dice	chop (mince)	puree	julienne
grate	cut	scrape	strip
crush	core	slice	mash
grind	cube	score	pare

Answer Key for Written Test 5.1a

Each section in the Written Test covers one objective and, therefore, should be evaluated separately. Criteria for evaluating each section are suggested below.

I. To master this objective the student should answer *26* out of 30 items correctly.

1. b	9. a	17. b	24. a
2. b	10. b	18. c	25. c
3. c	11. a	19. c	26. a
4. a	12. c	20. a	27. b
5. a	13. a	21. b	28. b
6. b	14. c	22. c	29. a
7. b	15. a	23. a	30. b
8. a	16. c		

II. To master this objective the student should answer *10* out of 12 items correctly.

1. l	7. f
2. c	8. e
3. h	9. j
4. m	10. g
5. a	11. b
6. i	12. n

III. To master this objective the student should answer *10* out of 12 items correctly.

1. pare	7. cut
2. dice	8. grate
3. julienne	9. score
4. cube	10. slice
5. chop (mince)	11. puree
6. grind	12. mash

State of Florida
Department of Education
Ralph D. Turlington, Commissioner of Education
Tallahassee, Florida
Affirmative action/equal opportunity employer

Division of Vocational, Adult, and Community Education

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